



Black Bean and Corn Quesadillas

 Vegetarian

READY IN



24 min.

SERVINGS



16

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup black beans canned rinsed drained
- ☐ 0.5 cup corn kernels frozen thawed
- ☐ 4 8-inch flour tortilla fat-free ()
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 4 ounces monterrey jack cheese shredded reduced-fat
- ☐ 0.3 cup cream sour
- ☐ 0.3 cup onion chopped

- ☐ 0.8 cup salsa
- ☐ 0.8 cup tomatoes seeded finely chopped

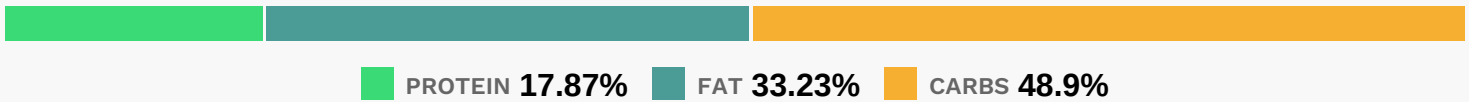
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 5 ingredients in a small bowl; toss lightly. Lightly brush tortillas with water. Divide bean mixture evenly among tortillas, arranging just off-center of each. Fold tortilla in half.
- ☐ Place on a large baking sheet.
- ☐ Bake at 400 for 8 to 10 minutes or until cheese melts and tortillas are crisp.
- ☐ Cut each quesadilla into 3 wedges. Top each wedge with 1 tablespoon tomato, 1 tablespoon salsa, 1 teaspoon sour cream, and 1 teaspoon cilantro.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:2.51, Inflammation Score:-3, Nutrition Score:4.041739102291%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 88.45kcal (4.42%), Fat: 3.32g (5.1%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 10.98g (3.66%), Net Carbohydrates: 9.35g (3.4%), Sugar: 1.54g (1.72%), Cholesterol: 6.63mg (2.21%), Sodium: 232.72mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Calcium: 83.58mg (8.36%), Phosphorus: 81.61mg (8.16%), Folate: 30.1µg (7.52%), Manganese: 0.13mg (6.7%), Fiber: 1.63g (6.51%), Vitamin B1: 0.1mg (6.47%), Selenium:

4.32µg (6.17%), Vitamin B2: 0.09mg (5.02%), Vitamin A: 222.57IU (4.45%), Iron: 0.78mg (4.36%), Vitamin B3: 0.85mg (4.26%), Vitamin K: 3.98µg (3.79%), Magnesium: 14.47mg (3.62%), Potassium: 117.6mg (3.36%), Zinc: 0.45mg (3%), Vitamin B6: 0.05mg (2.66%), Copper: 0.05mg (2.46%), Vitamin C: 1.67mg (2.03%), Vitamin E: 0.22mg (1.5%), Vitamin B12: 0.07µg (1.16%), Vitamin B5: 0.11mg (1.12%)